

# The SHEPPARD SENATOR

Sheppard Air Force Base, Texas, home of the 82nd Training Wing and 80th Flying Training Wing

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## I Love Sheppard Week starts Monday

I Love Sheppard Week is an opportunity for Team Sheppard to show pride in base appearance and to focus on improving the area where we work and live everyday. This year, I Love Sheppard Week includes four days of base improvement followed by a day of participant appreciation events.

Organizational facilities and common areas are the focus of improvement during I Love Sheppard Week.

Services is also providing specials throughout the week on bowling, golf, outdoor recreation and ITT.



## Security forces partners deploy together

Senior Airman Gary Jasper and his partner, Military Working Dog Dolfy, 82nd Security Forces Squadron, inspect a truck at the Sheppard main gate. The two warfighters recently returned from a 120-day deployment to Prince Sultan Air Base, Kingdom of Saudi Arabia. While deployed there, Airman Jasper and MWD Dolfy accrued more than 100 hours of search time and inspected over 1500 vehicles. This was Airman Jasper's first overseas deployment as a military working dog handler, but one of many that the 82nd SFS has supported this year. (Photo by Mike McKito)

## Sheppard rewarded for timely payment of GTC bills

**By Airman 1st Class Pamela Stratton**  
*Base public affairs*

Sheppard recently received a reward of \$21,183 from Bank of America for being the installation in Air Education and Training Command having the lowest percentage of delinquency per dollar amount charged by Government Travel Card holders for the October through December quarter. Sheppard will also receive a reward for the January through March quarter, as will three other AETC bases. The amount is yet to be determined.

The money will be used for quality of life improvements for Sheppard members,

said Kathi Noe, 82nd Comptroller Squadron quality assurance manager.

"Each quarter, Bank of America, which issues the cards, calculates the percentage of delinquency for each base and rewards those with the lowest delinquency percentage," said Noe. "Sometimes one base gets the entire amount, and sometimes the rebate is shared between several bases. This time, Sheppard received the full amount."

Noe said Team Sheppard, including the cardholders, program coordinators, and the commanders, have done an exemplary job with the travel card program by paying their bills and being involved.

"Paying on time not only benefits the member, by keeping them out of financial and disciplinary trouble, but it can also help the base, by providing an extra resource for base improvements," said Noe.

To make it more convenient and timely for the member to pay their bill, Noe suggests using the split disbursement option.

"With split disbursement, the government pays an amount designated by the traveler to Bank of America, and any money left over is routed to the traveler's bank account," said Noe. "It eliminates delays in payment, which could lead to delinquency."



**Brig. Gen. Arthur Rooney Jr. takes part in the Month of the Military Child parade, hosted by the child development center April 24. (Photo by Sandy Wassenmiller)**

## Smoke-Free Bowling Alley

Q Is there any way one of the bowling alleys can be set up as a nonsmoking environment only? I'd like to take my family to the bowling alleys; however, I consider the high smoke environment an unhealthy place for my family.

A The north bowling alley is smoke free on Fridays and Saturdays. The Air Force wants all bowling alleys smoke free by the end of 2002. Our plans are to make both the south and north lanes smoke free seven days a week by this summer.

## Bike / Walking Trail

Q Has the idea of a base bike/walking trail ever been considered? I see children riding their bikes on the sidewalks or in the street

in the housing area. I think a base bike/walking trail is a much-needed addition to provide a safe, designated area for bike riding, walking, and running.

A This is an excellent suggestion and one I will definitely look at doing sometime in the future to enhance quality of life at Sheppard. However, new construction funding is extremely limited and mission-essential projects and facilities take priority. In the interim, there are many nice picnic/recreational areas located around the base and biker-friendly drives available for use.



# Action Line 676-2000, action.line@sheppard.af.mil

The 82nd Training Wing's Action Line is your direct line to me for any concerns and suggestions you have. I am personally involved in every reply, and I am committed to making Sheppard AFB a better place to live, work and play. Before you call the Action Line, however, I ask that you give your chain of command or other base agencies an opportunity to work your concerns. If you still do not receive a satisfactory response, call me at 676-2000, or send an e-mail to

action.line@sheppard.af.mil. Please include your name and telephone number. Those concerns with a wide impact at Sheppard may be published in *The Sheppard Senator*.  
AAFES.....6-2211  
AF suggestion office....6-IDEA  
AFI 36-2903 issues.....6-2984  
Civil engineer/housing...6-2846  
Facilities maintenance...6-6524  
Civilian pay.....6-4890  
Commissary.....6-2750  
Comm squadron.....6-5524  
Dress and appearance.....6-2984  
Education office.....6-6231

Family support.....6-4358  
Fraud, waste and abuse..6-2222  
Inspector general.....6-2031  
Military pay .....6-1851  
MEO.....6-2360  
Patient advocacy.....6-7791  
Safety.....6-4149  
Security forces.....6-2379  
Services Division .....6-2089  
CDC.....6-4244  
Youth center.....6-5395  
Golf course.....6-6369  
Billeting, gyms, athletics, and dining hall.....6-7429  
South bowling center....6-2170  
Victim assistance.....6-7206  
Base straight talk line.....6-4438



## Vehicle accidents are not limited to automobiles

Recently a car and a lawnmower collided at Sheppard. Driving on base is not like driving in downtown Wichita Falls. There are a very large number of pedestrians, numerous industrial workplaces with heavy equipment, housing areas, a flightline and over 40,000 vehicles all operating within a relatively small area. Drivers should be extra cautious, take their time, and avoid becoming a mishap statistic. (Courtesy of 82nd TRW Safety Office)



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**82nd Training Wing commander**  
Brig. Gen. Arthur Rooney Jr.  
**Sheppard Senator editorial team**

Director of public affairs.....Lt. Col. John Skinner  
Chief of internal information.....Mike McKito  
Deputy director.....2nd Lt. Ann Hatley  
Noncommissioned officer in charge.....Master Sgt. Jeff Szczecowski  
Editor (6-7243, Pamela.Stratton@sheppard.af.mil).....Airman 1st Class Pamela Stratton  
Action Line coordinator (6-2000).....Terri Tyler



# Sheppard hosts Joint Civilian Orientation Conference



Fifty eight national civic leaders visited Sheppard April 26 as part of the Secretary of Defense-sponsored Joint Civilian Orientation Conference. The JCOC is a week-long, multi-service orientation program for public opinion leaders to acquaint them with the strength and readiness of the U.S. armed forces. Participants attended briefings at the Pentagon and then spent the rest of the week in the field with military services observing exercises, firing weapons and participating in training. Sheppard was the Air Force stop for the tour. (Photos by T.R. Steele and Sandy Wassenmiller)



# 364th TRS trains telecommunications techs for all services

By Capt. Rainier Tanglao

*Telecommunications Training Flight commander*

Sheppard plays a primary role in the professional development of telecommunications technicians. It's home to telecom tech training, which houses over 53,500 square feet of classroom space, a 15-acre training complex including aerial and underground cable training areas, two digital telephone switches and over \$13 million worth of telecommunications test and training equipment.

As a part of the 364th Training Squadron, the telecommunications training flight provides training on communications antenna systems, telephone cable systems, and telephone instruments and switches to students from all four military services, the Coast Guard, DoD civilians and international students. The flight provides initial skill level training for two Air Force career fields, one Army career field, one Navy career field and two Marine Corps career fields. In addition, it provides supplemental and upgrade training to the Air Force, Army, and Navy.

The course is divided into two course family groups comprising six resident courses and two career development courses. The flight trains over 700 students annually and has a permanent party strength of 40 Air Force, Army, Navy, Marines and civilians, 33 of whom are instructors. However, since the telephone systems career field is considered a "stressed career field,"

the student production numbers and instructor manning requirements are projected to increase in the next few years.

The telecommunications training flight is a unique organization in many respects. It's the only communications training at Sheppard, and its two telephone systems courses hold the distinction of being the only military courses in the nation that produce certified NORTEL telephone switch technicians. The flight is also the only organization on base that trains students from all four services and is the only organization on base that has members of all four services assigned as instructors.

With the current operations tempo and pace of technology, the flight remains receptive to constant changes in military requirements to ensure students receive the latest technology training and commanders receive qualified, field-ready technicians. A new telephone systems apprentice course entered validation in April 2002, marking the second revision of that course since 1995, and the two telephone switches receive constant software upgrades to keep in line with both changing technology and field needs. A Utilization and Training Workshop held in November 2000 laid the groundwork for incorporating new and emerging technologies into the course on a scheduled basis as technology becomes available. That course also undertook a \$1.6 million upgrade to one of its two digital telephone training switches. On January 20, 2002, in order to meet Navy field requirements, the flight began offering



**Students in the Cable and Antenna Systems Course rig a gin pole to assemble a general purpose tower. (Photo by Lynn Bullard)**

the fiber optic splicing, maintenance, and installation course to fulfill the Navy Education Code for construction electricians. Finally, the flight has implemented an entirely new cable and antenna systems apprentice course and two associated transition courses. These three new courses were developed in response to the Air Force

merger of the cable systems and antenna systems career fields at the start of fiscal year 2001.

The professional men and women of the telecommunications training flight look forward to the many challenges ahead, as they continue to produce the finest telecommunications technicians in the world.

## From the 80th OSS Commander:

**"Can you find the 80th Operations Support Squadron's 2001 AETC and Air Force award winners?"**



**"No, because they are all part of one team, one fight."**

What an awesome year for achievement in the 80th Operations Support Squadron. Eight AETC awards and three Air Force level award winners for 2001 have truly embodied our vision, which is to provide timely support that effectively matches people and resources against the task, accomplishing the mission in the safest manner possible.

These leaders are Master Sgt. Angela Briody, winner of the AETC and Air Force Airfield Management NCO Award; Master Sgt. Mario Gonzalez, winner of the AETC and Air Force Terminal Instru-

ment Procedures Specialist (TERPS) Award; and Tech. Sgt. William Wilson, winner of the AETC and Air Force Pierce Award (Weather NCO of the Year).

Personnel who won at the HQ level include: 80 OSS/DOW which received the 2001 AETC Top Weather Flight, Master Sgt. Bradley Wasson, Williams Award (Senior NCO) recipient; Senior Airman Bobby Delaughter, Air Traffic Controller; Ms Larissa Masterson, AETC Aviation Resource Management Civilian Technician; and Mr. Stanley Joslin, AETC

Life Support Civilian Journeyman.

We are fortunate to have outstanding teammates who lead by example, live by our core values, and do not let up until the mission is accomplished. On behalf of the 80th OSS, we would like to congratulate and thank all of our award winners for their contributions to our squadron and, more importantly, to the accomplishment of our mission. WELL DONE!

*-Lt. Col. Boomer Moragne, 80th OSS commander*



**SEPM nominations**

The Civilian Personnel Flight is currently accepting nominations for Special Emphasis Program Managers. SEPMs may be civilian or military. Those who have an individual in their organization who they would like to nominate, please submit his or her name to Sandra Brooksby May 8 at 6-3368, or e-mail Sandra.Brooks@Sheppard.af.mil.

**NCO induction ceremony volunteers needed**

The Junior Enlisted Troops Service will sponsor an NCO induction ceremony Aug. 30 at the enlisted club. They are looking for volunteers to assist with several aspects of the ceremony. If inter-

ested, call Staff Sgt. Kathy Wood for seating at 6-8499, Staff Sgt. Michael Kohn for speakers at 6-7535, Tech. Sgt. Timothy Green for invitations and programs at 6-2810, Tech. Sgt. Dianna Valley for protocol at 6-6023, Senior Airman Larry Frey for sounds and systems at 6-6103, Staff Sgt. Linda Burns for certificates and binders at 6-6290, Staff Sgt. Suzette Whilby for advertisement at 6-4250 and Staff Sgt. Edmund Allen for club and theater at 6-4474.

**Hospital closure**

The 82nd Medical Group will be closed for an official function on May 17 from noon to 4:30 p.m. Emergency services will be available through the Emer-

gency Services Department at 6-2333.

**Gospel music workshop**

The gospel music workshop conducted by Integrity Music recording artist Joe Pace will hold a concert May 11 starting at 6 p.m. at the south chapel. For more information, call Lynn Caldwell at 6-4370.

**Family child care**

The need for quality child care for military families has never been greater. Air Force family child care providers care for military dependent children and enjoy the convenience of working at home and the satisfaction of self-employment. Working with children is a career

where one person really does make a difference. Family child care providers will receive training in CPR, first aid, rescue breathing, record keeping, and child development. For more information call FCC coordinator 6-4237.

**Retired officers meeting**

The Retired Officers Association will have their quarterly dinner meeting at the officers club on Monday at 6:30 p.m. The cost of the meal will be \$14 per person. The guest speaker will be Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander. All officers, active and retired, are invited to attend. To make reservations, call Col. Simmons at 720-3258.

**Volunteer recognition**

The annual Volunteer Recognition Ceremony was held April 23 at the officers club. The event was held to honor volunteers nominated for Volunteer of the Year and Volunteer Excellence Awards. Sheppard volunteers were recognized for the time and talent they freely gave to local community volunteer agencies and base agencies. The Annual Volunteer Recognition Ceremony Award Winners are from left, Cynthia Harrison, Volunteer of the Year-military spouse; 1st Lt. Delores Anderson, Volunteer of the Year-active duty; Stephen Reeves, Volunteer Excellence Award-federal civilian employee; Nolan Gann, Volunteer Excellence Award-federal civilian employee; Charles Doug Green, Volunteer of the Year-civilian employee and Volunteer Excellence Award-federal civilian employee; not pictured is Lori Gengenbach, Volunteer Excellence Award-family member. (Photo by Sandy Wassenmiller)



### ***A family of Sheppard graduates***

Airman 1st Class William Jenkins (left), receives his training certificate from Tech. Sgt. Marsha Harris, upon graduating from the F-16 Flightline Avionics course, 365th Training Squadron, April 26. Airman Jenkins is the third generation in his family to attend training at Sheppard. His grandfather, William Jenkins, was here in 1946 for basic training. In 1985, Robert Jenkins, Airman Jenkins' father, went through technical training here. Airman Jenkins' great uncle was also stationed at Sheppard in 1940. (Photo by Lou Anne Sledge)

### **Top 10 bicycle safety tips**



1. Protect your head. Wear a helmet.
2. See and be seen. Wear bright colors or reflective stripes.
3. Avoid biking at night.
4. Stay alert. Keep a look-out for obstacles.
5. Go with the flow. Ride with traffic, not against it.
6. Check the traffic. Be constantly aware of the vehicular traffic around you (intersections, driveways, etc.).
7. Learn the rules of the road. Obey traffic laws. Note: This is by far the one tip that

most bicyclists violate more than any other. Bicyclists, like vehicle operators, must comply with traffic laws.

8. Ensure bicycle readiness. Is your bike in good mechanical condition?

9. Can you stop? Check brakes before every ride.

10. Check your bike's wheels. Quick release wheels must be securely fastened.

(Courtesy of the 82nd TRW Safety Office)

### **For weather updates, use the automated weather resources:**

- Current Observation: 855-9045
- Forecasts, Warnings, Watches, and Advisories: 676-6995
- 82 TRW Internet Weather Page: <https://26ows.barksdale.af.mil/sheppard/>



# Sheppard to celebrate Armed Forces Day with parade, sports challenge

On August 31, 1949, Secretary of Defense Louis Johnson announced the creation of an Armed Forces Day to replace separate Army, Navy and Air Force Days. The single-day celebration stemmed from the unification of the Armed Forces under one department — the Department of Defense.

In a speech announcing the formation of the day, President Truman “praised the work of the military services at home and across the seas” and said, “it is vital to the security of the nation and to the establishment of a desirable peace.” In an excerpt from the Presidential Proclamation of Feb. 27, 1950, Mr. Truman stated:

*Armed Forces Day, Saturday, May 20, 1950, marks the first combined demonstration by America’s defense team of its progress, under the National Security Act, towards the goal of readiness for any eventuality. It is the first parade of preparedness by the unified forces of our land, sea, and air defense.*

To commemorate Armed Forces Day 2002, Team Sheppard will hold its annual Armed Forces Day Multi-Service Parade May 17 at 4:30 p.m. Other activities include the Armed Forces Week Sports Challenge May 13-16, Armed Forces 5/10K Fun Run May 18, and Armed Forces Day Cookout outside the Community Center May 17, 4-8 p.m. For more information, contact your group point of contact.

Armed Forces Day Points of Contact: Capt. Rainier “T” Tanglao, 6-5776, 82 TRW Project Officer; Ms. Debbie Odorico, 6-7158, 82nd LG; Lt. Clinton Hartman, 6-6000, 82nd MDG; Lt. Dawn Tanner, 6-4676, 82nd SPTG; Capt. Eddie Aguilar, 6-2028, 82nd TRG; Capt Rainier “T” Tanglao, 6-5776, 782nd TRG; Maj. AJ Domenichini, 6-6950, 882nd TRG; Tech. Sgt. Kevin Stone, 6-4797, 982nd

TRG; Lt. John Basel, 6-2280, 80th FTW; GySgt Timothy Shatto, 6-5424, Joint Services Liaison.

## Sports schedule of events

Armed Forces Week Sports Challenge:

•May 13-16: Single Round Robin Softball Tournament 5:30-7:30 p.m., softball fields 2 and 4

•May 15: Fitness Challenge, 4 p.m., main fitness center, Bldg 450

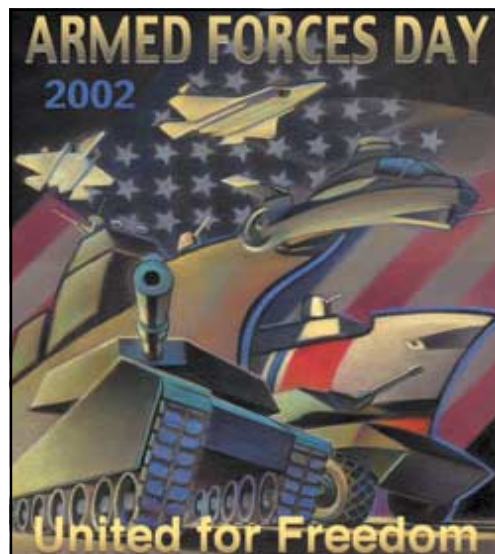
•May 16: 440 Medley Relay, 6 p.m., base track

•May 16: Combat Tug-o-war, 7 p.m., base track

•May 16: Softball Tournament Championship, 7:30 p.m., softball field 1

For more information, contact Staff Sgt. Richard Brandquist and Master Sgt. Desi Hale at 6-1438/2972

Armed Forces 5/10K Fun Run: May 18, 8 a.m., north fitness center, Bldg 825. Register by May 15. Entry fee is \$5 (checks and cash accepted). T-shirts will be given to the first 35 entrants. First and second place medals given for 5K and 10K women/men. For more information, contact Airman Amy Sherwood or Tech. Sgt. Yulanda Moffett at 6-6336/2972



# Soundoff

## What are you going to do for Mom this Mother's Day?



"I will probably take her to a nice dinner. I'm going to get her some flowers and chocolate. Then to top off the evening, I will take her to a movie." ~Airman Brian Huff, 360th TRS



"I'm planning on sending her some flowers and a card that I'm going to purchase off the Internet. I'm also going to give her a call." ~Airman Bryan Marek, 360th TRS



"I plan on sending a card along with some Dallas Cowboy Collectibles to my mom, since she is a big fan." ~2nd Lt. Michael Stuart, Finance student



"Since I'm not going to be home, I plan on having my dad buy her some flowers, from me of course. I'll send her a package with some of her favorite candy and maybe a gift certificate to a spa." ~Airman Basic Erica Moore, 361st TRS



"I plan on taking pictures with my dad in our blues and sending them with a dozen roses, and if I get lucky I will be able to pay her a little visit." ~Airman 1st Class Ronald Scott, 361st TRS

***Mother's Day is May 12.***



# Sheppard Elementary to host seminar for military families

Sheppard AFB Elementary School, in collaboration with the base youth center, child development center, family advocacy and family support services, is making plans for "Gearing Up! Equipping military families for long and short term absences."

The event will be held in two sessions on May 17 at Sheppard Elementary. The first session runs from 7:30-10:30 a.m., and the second session is from 12:30-3:30 p.m.

"There is a need for the military family to be financially and legally prepared for absences," says Shannon Hill, principal of Sheppard Elementary. "They must be equally prepared for the emotional needs that these absences bring about."

Dr. Ron Klinger, director of the Center for Successful Fathering, Inc., has built a national reputation for inspiring and motivating fathers to believe in the importance of their presence for the success of their sons and daughters.

"Dr. Klinger is coming to Sheppard with a clear picture of the diversity the families of Sheppard Air Force Base have," said Hill. "We have dual military parents and active duty single mothers and single fathers. Our target audience for 'Gearing Up' is the parent who will be required by his or her military commitment to leave the family behind for a time in order to serve our country," said Hill.

Each session will include two important elements. "Parents and children are going to have a lot of fun together, laughing, playing and just having a relaxed good time," said Hill. There will also be a time when Dr. Klinger will visit with the parents, sharing in his inspiring and skillful manner, how to lay solid family foundation for those inevitable absences the military duty brings, she said.

The Center for Successful Father, Inc., under Dr. Klinger's leadership, has been instrumental in establishing ef-

fective father techniques in Texas public schools since 1998. His organization is recognized by the Texas Education Agency, the U.S. Department of Education and the National PTA for its ability to actively engage parents from diverse backgrounds in the lives of their children. In addition to a small federal grant awarded to Sheppard Elementary, Dr. Klinger's visit is being funded by the Sheppard Bank, the Peace Project, the Enlisted Spouses Club, and the Junior League of Wichita Falls.

"Gearing Up" is open to all families at Sheppard, even if the children do not attend Sheppard Elementary. Pre-registration for the event is requested but not required. Registration forms will be available at the youth centers, child development center, youth center annex, family advocacy center, the family support center and Sheppard Elementary. For more information, contact Sheppard Elementary at 716-2950.

## TWIG

We recommend that individuals attempt resolution of their issues or concerns through the chain of command or the First Sergeant before seeking assistance from the Inspector General office. Although not part of the chain of command, the First Sergeant parallels it and is one of the most capable individuals to handle concerns of the members assigned to the unit. If you do decide that you would like to talk to the IG, one of the first questions we will ask is if you have taken the issue to the chain of command.

There are two important reasons for this recommendation. First, commanders and supervisors are charged with not only performing the

unit mission, but also with taking care of the people assigned to their unit. Second, commanders can take action to resolve the issue. The IG is not given that authority and once we identify a problem, it is turned over to command channels to fix.

However, whether you elect to use the chain of command or not, you maintain a right to contact the IG at any time and public law states that you cannot be restricted from doing so. If you need more information or believe that you have been restricted from contacting the IG, call us at 6-2031. *(Courtesy of the 82nd TRW Inspector General Office)*

## New mail delivery system coming to Capehart and Wherry housing

Postal delivery in Capehart and Wherry housing will soon change. The U.S. Air Force has agreed to support the mission of the U.S. Postal Service to maintain a secure and efficient universal mail service system by converting the mail delivery method used in Wherry and Capehart housing areas to a centralized mail delivery, like what is now in Bunker Hill housing.

The U. S. Postal Service began pouring concrete to install cluster mailboxes in Wherry housing on April 29. This installation will take about 11-14 days. Installation will then begin in Capehart housing around May 10. Occupants in Wherry will be receiving a notice concerning their new mailbox along with their new mailbox keys around May 15, with Capehart residents receiving theirs around May 23.

Some advantages of this new delivery system include:

- Mail will be in a secure, locked mail receptacle.
- Compartments are large enough to allow for several days' accumulation and allows for magazines to remain flat.
- Households will be issued three keys to their mailbox, and will be able to control who has access to their mail.
- Large parcels may be kept securely in a locker, next to the mailbox, for a more convenient pickup time.
- Mailbox locks and keys are changed whenever new residents move in. The base post office is-

sues and controls these keys.

•Outgoing mail can also be deposited and kept secure in a locked compartment contained in the same central mailbox unit.

Housing residents should watch for their official notice and keys to be delivered starting around May 15. If a resident will be gone during May, they should advise the post office or mail carrier to hold their mail in case the keys are delivered during this period.

After June 1, the old mailboxes will be removed during change of occupancy or during the next housing maintenance visit to quarters. Occupants may remove the old mailboxes themselves and dispose of them in their normal trash pickup. (Courtesy of 82nd CES)



### Library improvements

Brig. Gen. Arthur Rooney Jr. discusses the base library upgrade plans with Linda Fryar, base librarian. Patrons will soon begin to see long awaited upgrades at the base library. Faster internet service, new audio books, children's books, and media shelving have been funded. The goal of the Sheppard library is to improve Air Force education by providing access to the world of information through quality library services. (Photo by Mike McKito)



# Base legal office compares military and civilian justice systems

Does the Uniform Code of Military Justice provide equal justice?

In 1961 Congress officially designated May 1 as "Law Day" to recognize and honor our country's rich heritage of liberty, justice, and equality under the rule of law. The theme of Law Day 2002 is "Celebrate Your Freedom—Assuring Equal Justice for All." As one of the facets of Law Day, the Sheppard Legal Office would like to take time to educate those who serve here on how the Military Justice system does ensure Equal Justice Under the Law for all who serve.

Many military members have served years under the myth that the Military Justice system is not as fair as its counterpart in civilian society. Perhaps you may have thought that the Uniform Code of Military Justice was harsher than the civilian criminal system. Maybe you have thought a military member has fewer rights under the UCMJ than would a civilian downtown. Although, the civilian criminal system and military justice system are very similar in almost all respects, there are differences. Surprisingly, the differences between the two systems indicate the Military Justice system provides more rights, more protections, and more overall fairness than its civilian counterpart. The purpose of this article is to demonstrate how military members, in fact, enjoy more protection under our system of justice than civilians do under theirs.

## Right by right comparison

•What are the sources of your rights?

The sources of your rights

under the Military Justice System are the U.S. Constitution and the UCMJ. The sources of rights under the federal civilian criminal system are the U.S. Constitution and U.S. Code. These sources are very similar and are identical in many areas such as the rules of evidence and trial procedures. Which system affords you more protection? It is a tie, but read on!

•What about interrogation?

You've all seen the movies where the cops are sweating a suspect down under a bright light while others watch through a two-way mirror. Well, if you are

the suspect being interrogated, you have rights. If you are a civilian, the civilian police are only required to tell you about your rights if you are in custody. Conversely, as a military member you are informed of your rights not when you are taken into custody, but immediately when you become a suspect. Thus, you are admonished of your rights earlier as a military member than as a civilian. Which system affords you more protection? The military system does.

•What about free defense counsel?

Well, as a civilian you only get a free defense attorney if you cannot afford to pay

for one on your own. As a military member, you are afforded a free defense counsel regardless of your ability to pay or your rank. All you need to do is ask for one—which you should always do. Which system affords you more protection? The military system does.

•What about discipline options?

Under the federal civilian system, felony crimes are prosecuted in the U.S. District Court and misdemeanors are prosecuted in the Magistrate's Court. There is no lesser option, unless of course the prosecutors decide not to proceed. In the military system there are a

number of lesser options available. For instance, the military has three levels of courts-martial depending on the severity of the offense. Thus, there is more flexibility. The military also has an option for non-judicial punishment under Article 15. The military can also take administrative measures such as discharges, demotions, letters of counseling, letters of admonishment, and letters of reprimand. Which system affords you more protection? The military system does.

•What about pretrial investigation?

**See UCMJ page 20**

# Fitness activities benefit entire family

By Airman Amy Sherwood and April Frisbee

Base fitness specialists

Today's Air Force focuses on fitness and staying in shape.

Many parents have examined the benefits of fitness and currently participate in an individual exercise program. A good number of parents spend numerous hours every week at the gym, exercising and lifting weights. Some gyms offer the incentive of daycare: while you work out, they watch your children.

However, for most families, one parent stays home while the other parent gets gym time. Now that the weather is getting nice, entire families have opportunities to get some exercise together. The entire family will benefit from this.

Some good family fitness activity ideas are hikes in the park, evening walks after dinner, a game of family kickball, a swimming party and local family fitness events, like 5K/10K races, bike races, charity events, skating and skiing. Parents can also organize neighborhood events at the softball fields. Family team sports are an excellent way to spend quality time with loved ones, have fun and promote fitness and togetherness.

Benefits of family exercise activities are extremely high. Long-term increases in an individual's physical activity level will help that person manage a healthy weight, develop muscle and bone strength, decrease sickness and

health problems and increase overall life expectancy.

Another benefit is that children will get away from the television and video games and get some sunshine and fresh air. While participating in outdoor activities, it's important to wear sunscreen and drink plenty of water before, during and after exercise.

If parents set the example for fitness and family togetherness, children will develop into healthy individuals. Most children who stay active and develop healthy interests will remain focused on being fit and grow into mentally and physically mature people.

This year, when the weather gets warm, families should play together, bond together and get fit together.

## Fitness views: How to eat like a winner

By Maj. Elizabeth Watson  
Nutritional Medicine Flight commander

**Calories** – Many people have come to see calories as “the enemy,” something to be avoided at all costs. Calories are really just a measure of energy, and we all need energy throughout the day. The problem comes in when there is a persistent imbalance between the energy we take in and the energy we use; excess calories turn into fat. The chart below allows you to calculate your main-

tenance calorie needs based on your weight and your usual exercise regimen. If you are trying to lose weight, subtract 500-1000 calories a day from your maintenance calories. This allows you to lose 1-2 pounds per week, the recommended rate for weight reduction. It is not recommended to drop below 1200 calories without consulting your physician or a registered dietitian.

**Protein** – Protein is a popular thing these days. High protein diets are the rage, and protein supplements can be pur-

chased in powders, pills and beverages. The truth is, the average American male eats over 90 grams of protein per day. That's including less than 6 ounces of meat per day. Eating the maximum choices of food recommended on the Food Guide Pyramid would provide over 130 grams of protein per day, enough for a 200-pound body-builder. Use this chart to calculate your protein needs, based on your weight and exercise regimen.

See EAT, Page 13

### How much do you really need?

activity level	calorie factor	Multiply your weight in pounds by the appropriate calorie factor	activity type	protien factor
sedentary	12		normal exercise	.36grams
light	14		endurance	.55-.64 grams
moderate	16		professional-level weight training	.64-.82 grams
heavy	20			



# EAT

Continued from Page 12

sance, carbohydrates seem to be out of style. Despite all of the negative press, carbohydrates are still extremely important. About 50-60 percent of the calories in our diet should come from carbohydrates. Carbs provide glucose in our bloodstream, the major fuel for the brain. Carbohydrates also are used to form glycogen, a form of energy stored in the liver and in the muscles for use during exercise. If total calorie intake is too high, excess carbohydrates will be stored as fat, but the same goes for protein or fats. The next table provides general information on carbohydrate needs based on calorie levels.

**Fat** – There is a definite

## If you need this many calories

Calories	Carbs (grams)	Fat (grams)
1200	150-180	27-35
1500	188-225	33-50
2000	250-300	43-65
2500	313-375	55-83
3000	375-450	66-100

need for some fat intake on a regular basis. Fats provide us energy and essential fatty acids, which are required for health. In a balanced diet, 20-30 percent of the calories should come from fat. Most Americans have no trouble exceeding this goal. The problem with excess fat intake is that fat is very calorie dense—containing over twice as many calories per gram than protein or carbohydrates. Fats are a strong example of the nutritionist’s creed “moderation.” See the listing below to assess how many grams of fat you need in your daily diet.

**Water** – Studies have shown that a large percentage of Americans live in a state of dehydration. This chronic underhydration has been shown

## You need this much carbs and fat

to cause overeating and, for athletes, causes a decrease in physical performance capabilities. The minimum recommended intake is around 8 cups of fluid per day, almost 2 liters. Fluid needs can be as high as 10 liters per day, depending on exercise intensity, temperature and humidity. When adding up fluid intake, count non-caffeinated beverages such as juices or water, and liquid foods such as gelatin or frozen ices.

**Supplements** – Nutritional supplements are very big business. There is an enormous amount of information out there, and much of it is questionable. Supplements can be divided into categories: those that help, those that harm and those that just drain your pocket. The following five products definitely fall into the “those that harm” category, and are on the FDA’s Dangerous Herbs list: chapparal (which may cause liver disease), comfrey (toxic if ingested), ephedra (discussed below), lobelia (potentially fatal) and yohimbe (can cause paralysis). If you are considering taking nutritional supplements, check with your physician and investigate its claims using a reputable source such as “The Honest Herbal” by Varro Tyler, or the website [www.nutrition.gov](http://www.nutrition.gov). The chart below provides basic information about some of the supplements commonly advertised for athletic use.

# Top 10 countdown

Supplement	Claim	Does it work?	Risk
Androstenedione (produced by adrenals and testes)	Increased energy and muscle development	Yes	Moderate, do not take if family history of breast or prostate cancer
Carnitine (vitamin-like compound)	Burns fat	Benefits not proven	Low, but use only the “U” form
Chromium (an essential element)	Increases lean mass, lowers fat	No proven benefits, as adequate chromium is available in normal diet	Unsure, high doses in animals altered DNA
Coenzyme Q10 (an enzyme component)	Improved energy and cardiac output	Not proven for athletes, does have benefits in sedentary patients or those with heart failure	Low
Creatine (found in the cellular energy system)	Muscle growth, increased speed	May benefit high intensity, short-term sports, decreases ability in aerobic sports	Dehydration, cramps, diarrhea, weight gain
DHEA (Dehydroepiandrosterone -- a hormone produced by the adrenal gland)	Burns fat, slows aging process, builds lean mass	Inadequate evidence	Banned by Olympics, males: breast enlargement, testicular shrinkage, females: baldness, increased body hair
Ephedra (an herb, similar compound to the medication ephedrine)	Increases weight loss, stimulates metabolism	Does have strong metabolic effects, strong enough to be potentially dangerous	High risk, associated with rapid heart rate, high blood pressure, heart attacks, heat stroke, extremely risky if taken with caffeine or cold medicine
Ginseng (plant root)	Increases energy, improves memory	Some possible benefits	Monitor for allergic reactions, long-term use can cause sleeplessness, hypertension, breast nodules
Glutamine (amino acid found in animal products)	Improves immune function, maintains muscle mass	May improve immune function in periods of illness, no proven benefit to athletes	Low
Yohimbe (herbal extract)	Increases muscle size and testosterone levels	Not proven	Very high, may cause panic attacks, hypertension, dizziness, headache, very dangerous for those who take MAO inhibitors

## General activities

### Name the Services Mascot Contest

The information, tickets and tours office wants children ages 5-7 to name the Services "Bear" mascot. The Name the Services Mascot Contest will run until May 17. Winners will be selected on May 20 and will be notified at that time. The winner will receive a goody basket from ITT, a free Friday night activity and bowling and shoe rental. The Services mascot will be on hand to present the prize package to the winner. Entries may be placed at the youth center or at ITT. Call 6-2302 or 6-KIDS for more information.

Asian-American/Pacific Islander story time for the month of May

The base library will celebrate Asian-American/Pacific Islander Month every Tuesday in May with story time from 10:30 - 11 a.m. Children and adults are invited to come and enjoy story time with members of the Asian American/Pacific Islander Committee. For more information, call 6-6152.

## Upcoming trips

### Six Flags Over Texas

Information, tickets and tours will sponsor a May 11 trip to Six Flags Over Texas. The cost is \$40 per person, with transportation and park admission ticket included. Attendees can visit the entertainment capital of Texas. The park features over 100 exciting rides, shows and attractions for guests' enjoyment. Visitors can check out great roller coasters like the Texas Giant, the TITAN, Batman or Mr. Freeze, and spend the day at the original Six Flags Theme Park riding thrilling rides till their heart's content. Those interested must register by Tuesday.

### Murder mystery weekend

Information, tickets and tours will sponsor a trip to Stone Lion Inn Murder Mystery Weekend June 15 and 16. The cost is \$250 per couple. This includes round trip transportation, overnight accommodations at

the Stone Lion Inn, a seven-course candlelight dinner with Murder Mystery and breakfast. Participation in murder mystery is scripted. Dress code enforced. All rooms are non-smoking with only one bed and pricing is double occupancy only.

## Club activities

### Officers club game league

The officers club game league holds tournaments in 9-ball, cricket, shuffle board, foosball and crud every Thursday night. Food and beverages are 15 percent off during league play. Prizes will be awarded. For more information, call 6-6460.

### Mother's Day brunch

The officers club will host a Mother's Day brunch May 12. Four seating times are available: 10:30 a.m., 11:30 a.m., 12:30 p.m. and 1:30 p.m. The cost is \$13.95 for members, \$16.95 nonmembers and \$7.95 for children ages 5-12. As an added touch, the club will have flowers for the mothers. Reservations are required. All ranks are welcome. Call 6-6460 to reserve a seat.

Enlisted club solo comedy hour unveils new sound system

Back by popular demand for a solo show, the enlisted club presents Honest John on Saturday. Comic View comedian Honest John promises to keep audiences laughing during his comedy act. Doors open at 8 p.m., show starts at 9 p.m. Advance tickets are \$5 for members, \$8 for nonmembers. Prices the day of the show are \$8 for members, \$11 for nonmembers. This show is for a mature audience. For information and tickets, call 6-6427.

### Family Night

The enlisted club will host Family Night May 23 from 5:30-8 p.m. Guests can enjoy the family buffet and register for assorted door prizes. The event is sponsored by Chaney Financial Group (*No Federal endorsement of sponsor intended*). All ranks are welcome. For more information, call 6-6427.

## At the Flicks

**Friday 6:30 p.m.**

Showtime

**Friday 9 p.m.**

Blade 2

**Saturday 2 p.m.**

ET

**Saturday 4:30 p.m.**

Showtime

**Saturday 7 p.m.**

Blade 2

**Sunday 2 p.m.**

ET

**Sunday 4:30 p.m.**

Blade 2

**Thursday 6:30 p.m.**

Blade 2

**This schedule is subject to change without notice. For movie information, call 6-4427.**

**Showtime (PG-13)** – Robert De Niro, Eddie Murphy – Two very different police officers, a straight-laced, no-nonsense type and a showboating, outlandish rookie with attitude are forced to work together as stars of a new reality-based TV show. A major city's police department hopes the two will boost their publicity, morale and image in general.

**Blade 2 (R)** – Wesley Snipes, Kris Kristofferson – After an accident triggers the deadly "Blood Tide," human/vampire warrior, Blade, must find a way to reverse

the process and save the world which has been completely overrun by vampires. Blade's team and the Bloodpack are the only line of defense which can prevent the Reaper population from wiping out the vampire and human populations.

**ET (PG)** – Henry Thomas, Dee Wallace-Stone – Left behind by companions, an alien is rescued from adult pursuers by Elliot, who hides him at home. This secret is too good to keep for long and when his brother and sister become part of the scheme anything can happen.

## Chapel Schedule

### Student programs

Tuesday, 11 a.m. and 4:15 p.m., chapel rope meeting, North Chapel

Saturday, 5 p.m., Solid Rock Cafe, South Chapel

Sunday, 5 p.m., Student bible study and activity night, North Chapel

### Catholic activities

#### Mass

Saturday, 5 p.m., North Chapel

Sunday, 9 a.m., North Chapel

Sunday, noon, North Chapel

Mon.-Fri., 11:30 a.m., Hospital Chapel

### Religious education

Sunday, 10:20 a.m., classes for preschool through adult, Bldg. 962

### Reconciliation

Saturday, 4-4:30 p.m., North Chapel

### Protestant activities

#### Worship services

Saturday, 6:30 p.m., Holy Eucharist with Praise and Worship, South Chapel

Sunday, 10:30 a.m., Holy Eucharist, Hospital Chapel

Sunday, 10:30 a.m., Inspirational Gospel Service, South Chapel

Sunday, 10:30 a.m. Protestant Community Service, North Chapel

### Religious education

Saturday, 5:30 p.m., Growing in God's Grace, South Chapel

Sunday, 9 a.m., classes for ages 3 to adult, Bldg. 962

### Bible studies

Tuesday, 6:30 p.m., South Chapel

Thursday, noon, South Chapel

Thursday, 7:00 p.m., Protestant Women of the Chapel, Bldg. 962

Saturday, 6:30 a.m., Protestant Men of the Chapel Bible study

Second Saturday of month, 8 a.m., Protestant Men of Chapel breakfast

### Lay-led faith groups

Islamic activities, Friday, 1:45 p.m., South Chapel

Jewish activities, call Maxine Simpson, House of Jacob Synagogue at 322-4177

Latter Day Saints, Sunday, 2 p.m., Hospital Chapel

Mystic Grove Pagan Study Group, Wednesday, 6:30 p.m., Bldg. 962, call

Kalista at 6-4370

**For more information, call the base chapel at 6-4370**





### ***Squadron deactivation***

**Col. Jeanie Kearney, 882nd Training Group commander (left), receives the 384th Training Squadron guidon from Lt. Col. Kenneth Jacobs, 384th Squadron commander, during the squadron's deactivation ceremony Wednesday. The squadron's personnel and training mission will be absorbed by the 381st and 382nd Training Squadrons. (Photo by Sandy Wassenmiller)**

### **Drivers Wanted**

ITT & Outdoor Recreation is looking for a few good men or women! Contract drivers are needed for scheduled trips to theme parks, water parks, sporting events, dinner shows, museums, shopping venues, horseback riding, camping and other events. Drivers must be at least 18 years of age. If you are interested in becoming a contract driver for ITT and Outdoor Recreation, call 6-2302.

## National Reconnaissance Office announces education opportunities

The National Reconnaissance Office (NRO) is soliciting candidates for advanced education opportunities offered by the FY03 AFIT program. Thirteen positions are being offered to meet the NRO's advanced academic degree needs with schools beginning in Fall 2003. The NRO directly supports the Under Secretary of the Air Force (space) and is a 100 percent selectively manned unit.

After the degree is obtained within the time allotted, each candidate will complete a follow-on assignment in space acquisition or operations at the NRO for a period of four years. The majority of the assignment will be in the Washington DC area.

Exceptional personnel are sought for these programs. The NRO process is extremely competitive. Applicants must have GPA and GRE scores at least meeting AFIT eligibility requirements. There is no specific officer grade requirement for applying. However, the majority of personnel selected are non-rated captains.

Masters and PhD degrees are available in a variety of advanced academic degree programs. The following are the opportunities for FY03: one masters degree in operations research, in residence at AFIT, Wright Patterson AFB OH; one masters degree in space operations, in residence at AFIT; one masters degree in contracting/acquisition management, in residence at AFIT; one masters degree in electrical engineering comm/radar, in residence at AFIT; four (three masters, one PhD) degrees in space systems engineering; two in residence at AFIT, and two in residence at the Naval Post Graduate School; two masters degrees in electrical engineering, in residence at AFIT; two (one PhD, one masters) degrees in imaging sciences, at the Rochester Institute of Technology, Rochester, N.Y.; one masters degree in space sys-

tems engineering (simulation), in residence at AFIT.

Application packages and interview (via video-teleconference) will be used by the NRO to select applicants for the program. A subset of the applicants will be selected for the interview. Primary criteria for interview selection will be demonstrated and potential academic ability, job experience and performance, and recommendation letters (all of which are contained in the application package). The application package must consist of the following: AF Form 3849 (signed by the individual and their commander); military resume outlining the member's career experience and intentions, as well as what educational programs from the list above the member desires to apply for. Also, provide an unclassified e-mail address for both yourself and your commander; copies of recent GRE scores (within the past 5 years); copies of all official transcripts; no more than three letters of recommendation; copies of last five OPRs; officer personnel career brief (obtained by contacting your commander support staff or servicing military personnel flight); AFIT eligibility letter (obtained by contacting AFIT counselors at 1-800-211-5097).

Fax all application packages to one of the following fax numbers and address them to AFELM Acquisition & Training: DSN: 898-5487 or commercial: (703)808-5487 or DSN: 898-5407 or commercial: (703)808-5407. Application packages must arrive to the AFELM Acquisition & Training office no later than August 16. For further information, contact Staff Sgt. Philip Eckenrod at DSN: 898-1716, comm: (703)808-1716, e-mail: philip.eckenrod@pentagon.af.mil; or Tech. Sgt. George Kramer at DSN: 898-2512, comm: (703)808-2512, e-mail: george.kramer@pentagon.af.mil.

# Commentary: Why are you getting paid?

By Staff Sgt. Quintin Held

360th Training Squadron

Being an instructor here for nearly two years, I have noticed that many students are not yet sure where professionalism comes from or how it is gained or achieved. The reason I say this, and for that matter the reason I am writing this, is because it seems that many students have a misconception that professionalism comes with things such as rank, age and skill level. What I would like to do is share a personal experience that will surely shed some light on this subject for the Air Force's newest members.

After only working at my first duty station as an airman basic B-52 crew chief for a few months, I

was put on shift with a senior airman to preflight and launch one of the massive aircraft. I was excited, until the higher-ranking co-worker said "you will be calling headset today." This meant I would be the one on the ground communicating with the aircrew in order to get the plane off the ground. When the bus full of officers pulled up to our aircraft, my stomach churned in a bad way. The first thing the aircraft commander said was "who is calling headsets today?" I replied with the best answer I could think of which was "I will, Sir, but I'm not a professional at it." I will never forget the grim look on his face as he replied, "Then why are you getting paid?" I did not really under-

stand his response, but I pressed on. The launch of the aircraft went as planned with no problems. Only after it was over did my true lesson of the day come. The senior airman I was working with asked me, "Do you know why he asked why you were getting paid?" After I replied "no" he said, "The reason he asked why you were getting paid is because you said you weren't a professional. If you aren't a professional why should we pay you?"

What I learned from all this is that professionalism does not come with rank, age or skill level. It starts within yourself. The point I would like to get across to everyone is that you may not be proficient just yet, but you can be a professional.

**Semi-annual trespass notice:** The Sheppard Combat Arms Training and Maintenance Range on Missile Road is off limits to all personnel who are not conducting official business or scheduled for training. Trespassing is not only illegal, but very dangerous. For those trying to contact the firing range at 6-6607, that number is no longer connected. All calls can be made to 6-2251 or 6- 5169. Questions concerning weapons training or scheduling should be directed to the base firing range at extension 6-2251. (Courtesy of the 82nd Security Forces Squadron)



## Medeival Faire

Sheppard's Catholic community celebrated its annual Medeival Faire Sunday on the picnic grounds behind the base's north chapel. Lots of food, fun and games greeted those who attended the event. Many participants, including members of the Society for Creative Anachronism, shown above, came decked out in full medeival attire. (Photo by Tech. Sgt. Tim Farnsworth)



## UCMJ

Continued from page 11

Under the federal civilian system, pretrial decisions on whether or not to charge someone with an offense are made by the Grand Jury. In a Grand Jury proceeding the courtroom is closed, the proceeding is secret, the defendant is usually not present, the defense attorney is not present, there is no right to cross-examine witnesses, there are no witnesses offered in your defense, and if you are indicted by the Grand Jury, the results will often be sealed. The military system has no Grand Jury. We instead have an Article 32 Investigation, which is an open proceeding, where the accused is present, where the defense attorney is also present, where there is a right to cross-examine witnesses, where the record of the proceeding is public, and where the government pays all fees. Which system affords you more protection? The military system does.

•When do you get notified of formal charges against you?

Under the federal civilian system, you are not notified until you go to court after you get indicted. In the military justice system you are notified earlier. Your commander informs you at the time he or she decides to prefer charges against you. Which system affords you more protection? The military system does.

•What about paying bail and getting released pending your trial?

Under the federal civilian system you may be released on bail two ways. You may be release either under your "own recognizance," or if bail is set, then you must pay the required amount of

money in order to be released pending your trial. In the military justice system you do not have to pay bail. Instead, the military must meet a number of strict requirements and procedural steps in order to legally confine you prior to your trial. Which system affords you more protection? The military system does.

•What about your right to appeal your case?

Under the federal civilian system there is no automatic right of appeal unless it is a death penalty case. Those cases which do earn a civilian appeal are normally taken up only one level. Most of these civilian appeals require the defendant to hire specialists to handle the case on appeal. Under the military

justice system an appeal is automatic. The convening authority will automatically review each case. In addition, the military offers two levels of appellate courts for the more serious cases. The military also provides free appellate specialists. Which system affords you more protection? The military system does.

•What is the bottom line?

The military justice system provides at least as much protection, if not more, than its civilian counterpart. The legal office hopes this can be helpful next time the topic of military justice comes up around your office. We wish you a happy Law Day! Stay tuned for more Law Day 2002 information! *(Courtesy of base legal office)*

## Reminder: propane tanks not authorized to be shipped

Several household goods carriers have been unwilling to accept propane tanks as part of the members household goods, while others would pack the "purged" tanks because it was considered part of the members property.

Fires, explosions in household goods vans have resulted in new stringent safety regulations for shipping of refillable propane tanks. Just a reminder, that effective May 1, 2000, shipping and storage of propane tanks of any kind, including those which have been purged, is not authorized. The carriers

will not accept propane tanks as part of a government procured shipment.

Shipments already picked up or at a warehouse in storage or enroute to final destination will be transported for final delivery. Quality assurance inspectors will be inspecting to ensure the guidance is being followed.

No reimbursement is authorized for replacement tanks or any other item that may be owned by a member that must be disposed of prior to shipment.

Questions may be directed to TMO Customer Service at 6-5499.

## May Fitness Month events

### Aerobithon

The south fitness center will host an aerobithon from 10 a.m. to 2 p.m. on Saturday. The cost of \$10 includes a T-shirt. Participants may register at any of the three fitness centers. For more information, call Sandy Angell or Airman Nicole Keys at 6-2972

### Family 5/10K fun run

The family fun run begins on Saturday at 8 a.m. at the north fitness center. First and second place finishers in the male and female categories, for the 5K and the 10K, will receive awards. The cost is \$5 per person, and the first 35 entrants will receive t-shirts. Participants

may register at any of the three fitness centers. Awards will be given at the closing ceremony on May 31. For more information, call Airman 1st Class Michael Dawson at 6-2022 or Airman Brad Coddington at 6-2972.

### Three-on-three b-ball

The south fitness center will host three-on-three basketball Monday-Thursday, starting at 4 p.m. Teams may have up to four individuals, male or female. The championship game will be held Thursday. Teams may register at any of the three fitness centers by today. First and second place trophies will be awarded at the closing ceremony May 31. For more information, call Airman 1st Class Viji Varkey at 6-

6336 or Airman Marsha Williams at 6-2972.

### Fitness workshop

The south fitness center will host a fitness workshop Tuesday from 9 a.m. to 3 p.m. For more information, call Tech. Sgt. Anthony Miller at 6-6336.

### Bench press competition

The main fitness center will host a bench press competition May 11. Weigh-in time is at 9 a.m., and the competition will be from 10 a.m. to noon. Awards will be given to first and second place winners for each weight class, and overall male and female. Those interested must register by Wednesday.

## Dominator means softball is here

By Ty Dirk

*Senator contributor*

Ah, the smell of burgers and hot dogs on the grill and the sound of a cold beverage being opened up. Accompany that with the crack of the bat and the sound of leather popping—softball season is here. And for the past nine seasons nothing brings out the competition like the Dominator Intramural Softball Tournament.

This tourney is a measuring stick for some and a springboard for others. Three-time defending champion 364th Training Squadron is a living testament to that. Year after year they reload and make a strong showing in the Dominator and carry it over as the team to beat in the regular season. Another annual powerhouse is three-time champion 882nd Training Group. Civil Engineers are always in the running. Although they have been the bridesmaid and never the bride, they are

always a contender for the crown. Every year brings a surprise team to the tourney. Last year was the 362nd Training Squadron student team. These kids darn near ran the older guys into retirement. At every turn, they would take an extra base, and they ended up in third place for the second year in a row. Word has it that Master Sgt. Taylor has the Crew Dogs armed and ready.

The tourney will start Friday night or Saturday morning, depending on the number of teams, and be held on fields two and four, behind chapel one. Everything is centrally located, so spectators can walk from one field to the other to see the games. Some die-hard fans even place themselves so they can watch both games. Whether people want sun or shade, to watch one game or two, the Dominator is the place to get it.

Sports writers needed. Call 6-7246.